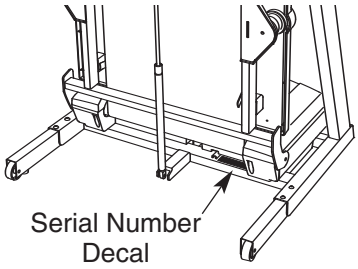
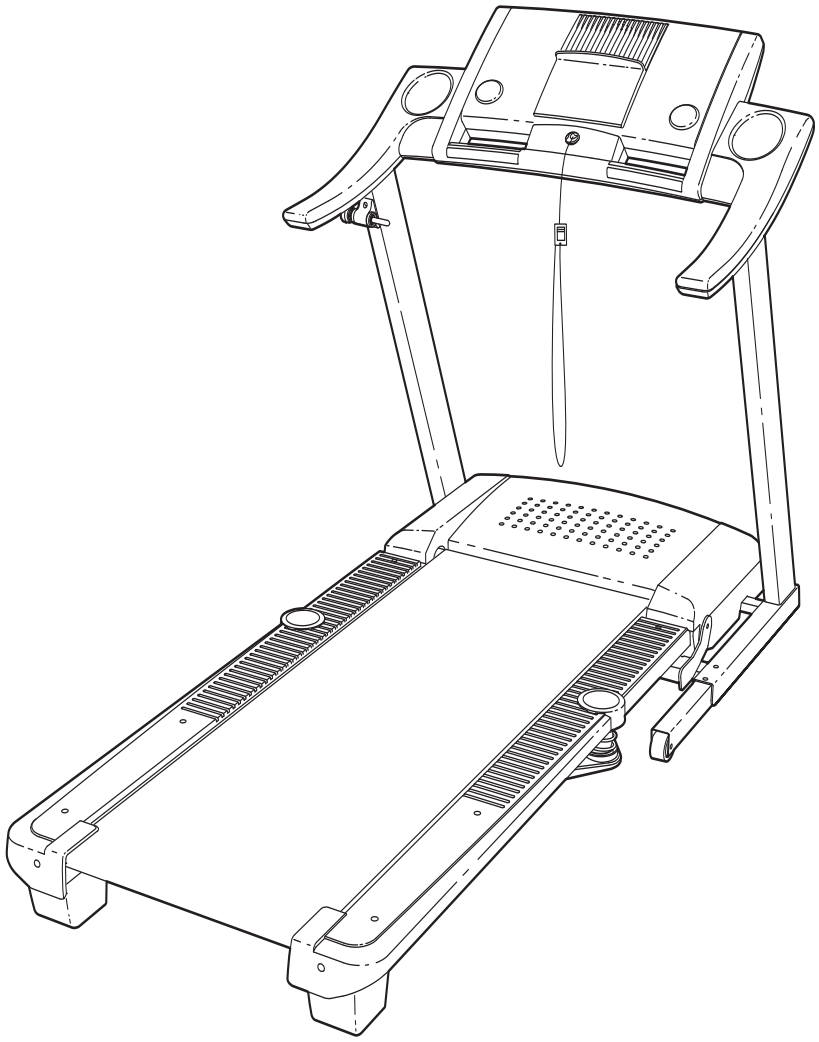
PRO-FORM® 500 CX

Model No. PETL41106.0
Serial No. _____



USER'S MANUAL



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

or write:
ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

email: csuk@iconeurope.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

Visit our website at
www.iconeurope.com

PRO-FORM® 500 CX

TABLE OF CONTENTS

IMPORTANT PRECAUTIONS 3
BEFORE YOU BEGIN 5
ASSEMBLY 6
HOW TO USE THE CHEST PULSE SENSOR 9
OPERATION AND ADJUSTMENT 10
HOW TO FOLD AND MOVE THE TREADMILL 24
TROUBLESHOOTING 26
CONDITIONING GUIDELINES 29
PART LIST 31
EXPLODED DRAWING 32
ORDERING REPLACEMENT PARTS . . . . . Back Cover

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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

1. **It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.**
2. **Use the treadmill only as described.**
3. **Place the treadmill on a level surface, with at least 2.5 m (8 ft.) of clearance behind it and 0.5 m (2 ft.) on each side. Do not place the treadmill on a surface that blocks any air openings. To protect the floor or carpet from damage, place a mat under the treadmill.**
4. **Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio or near water.**
5. **Do not operate the treadmill where aerosol products are used or where oxygen is being administered.**
6. **Keep children under the age of 12 and pets away from the treadmill at all times.**
7. **The treadmill should be used only by persons weighing 136 kg (300 lbs.) or less.**
8. **Never allow more than one person on the treadmill at a time.**
9. **Wear appropriate exercise clothes while using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes; never use the treadmill with bare feet, wearing only stockings, or in sandals.***
10. **When connecting the power cord (see page 10), plug the power cord into an earthed circuit. No other appliance should be on the same circuit. When replacing the fuse, an ASTA approved BS1362 type should be fitted to the fuse carrier. A 13 amp fuse should be used.**
11. **Keep the power cord away from heated surfaces.**
12. **Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 26 if the treadmill is not working properly.)**
13. **Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 12).**
14. **Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.**
15. **The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.**
16. **The pulse sensor is not a medical device. Various factors, including your movement, may affect the accuracy of heart rate readings. The sensor is intended only as an exercise aid in determining heart rate trends in general.**
17. **Never leave the treadmill unattended while it is running. Always remove the key and unplug the power cord when the treadmill is not in use.**
18. **Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 24.) You must be able to safely lift 20 kg (45 lbs.) to raise, lower, or move the treadmill.**
19. **When folding or moving the treadmill, make sure that the storage latch is fully engaged.**
20. **When using iFIT programs, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. Always listen for the "chirp" and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before the personal trainer describes the change.**

21. When using iFIT programs, you can manually override the speed and incline settings by pressing the speed and incline buttons. However, when the next "chirp" is heard, the speed and/or incline will change to the next settings of the CD or video program.

22. Always remove iFIT CDs and videos from your CD player or VCR and disconnect your MP3 player when you are not using them.

23. Inspect and properly tighten all parts of the treadmill regularly.

24. Never insert any object into any opening.

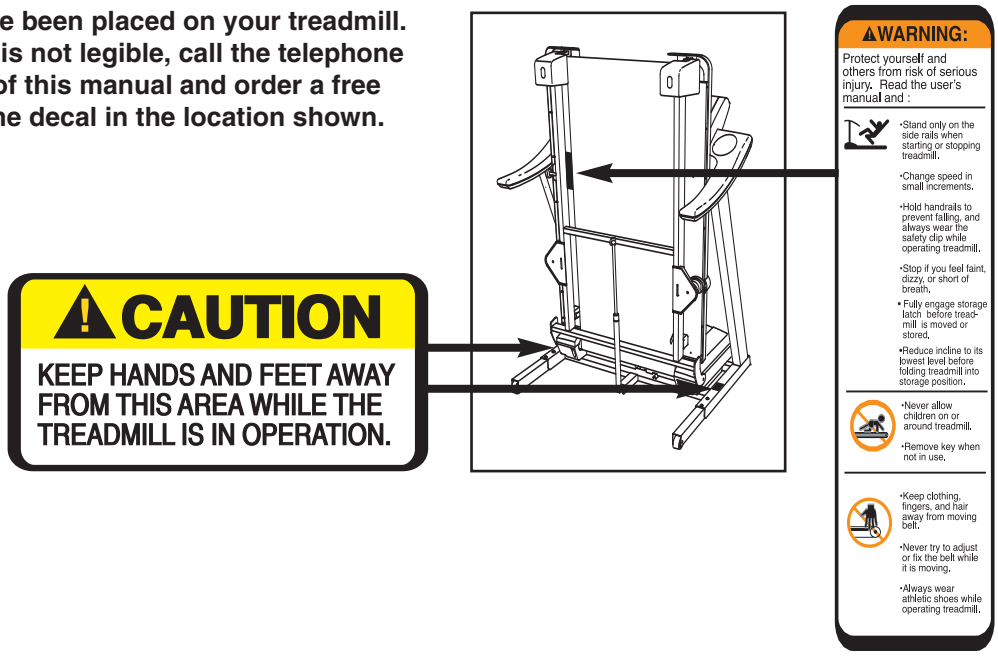
25. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

26. This treadmill is intended for in-home use only. Do not use this treadmill in a commercial, rental, or institutional setting.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

The decals shown here have been placed on your treadmill. If a decal is missing, or if it is not legible, call the telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown.

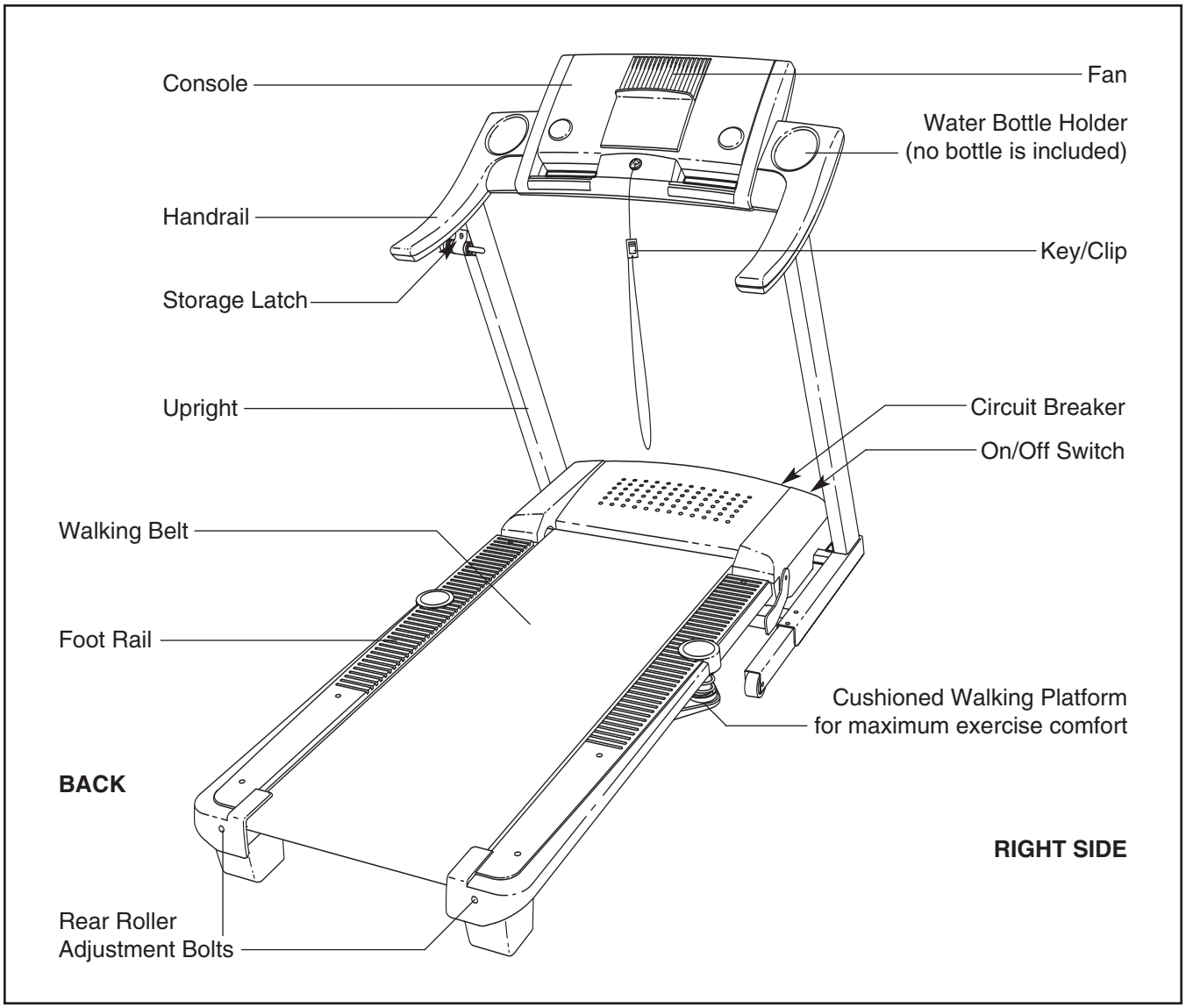

⚠CAUTION
KEEP HANDS AND FEET AWAY FROM THIS AREA WHILE THE TREADMILL IS IN OPERATION.
⚠WARNING:
Protect yourself and others from risk of serious injury. Read the user's manual and :
•Stand only on the side rails when starting or stopping treadmill.
•Change speed in small increments.
•Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
•Stop if you feel faint, dizzy, or short of breath.
• Fully engage storage latch before treadmill is moved or stored.
•Reduce incline to its lowest level before folding treadmill into storage position.
•Never allow children on or around treadmill.
•Remove key when not in use.
•Keep clothing, fingers, and hair away from moving belt.
•Never try to adjust or fix the belt while it is moving.
•Always wear athletic shoes while operating treadmill.

BEFORE YOU BEGIN

Thank you for selecting the revolutionary PROFORM® 500 CX treadmill. The 500 CX treadmill offers an impressive array of features designed to make your workouts at home more enjoyable and effective. And when you're not exercising, the unique 500 CX treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before you use the treadmill. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number of the treadmill is PETL41106.0. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

Before reading further, please review the drawing below and familiarize yourself with the labeled parts.

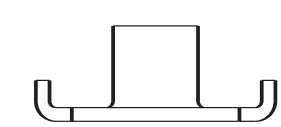


ASSEMBLY

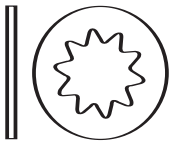
Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials; do not dispose of the packing materials until assembly is completed. Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

Assembly requires the included hex key and your own phillips screwdriver (with a shaft at least 15 cm [6 in.] long) and wire cutters .

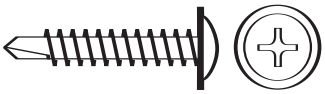
For help identifying the assembly hardware, see the drawings below. The number in parentheses below each drawing is the key number of the part, from the PART LIST on page 31. The number following the parentheses is the quantity needed for assembly. **Note: If a part is not in the parts bag, check to see if it has been pre-assembled. To avoid damaging plastic parts, do not use power tools for assembly.**



Extension Leg Nut (67)–4

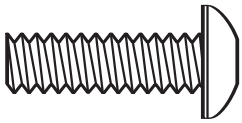


Star Washer (8)–8

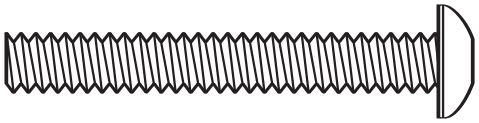


1" Tek Screw (22)–4

Screw (3)–2



Console Bolt (64)–4



Extension Leg Bolt (65)–4

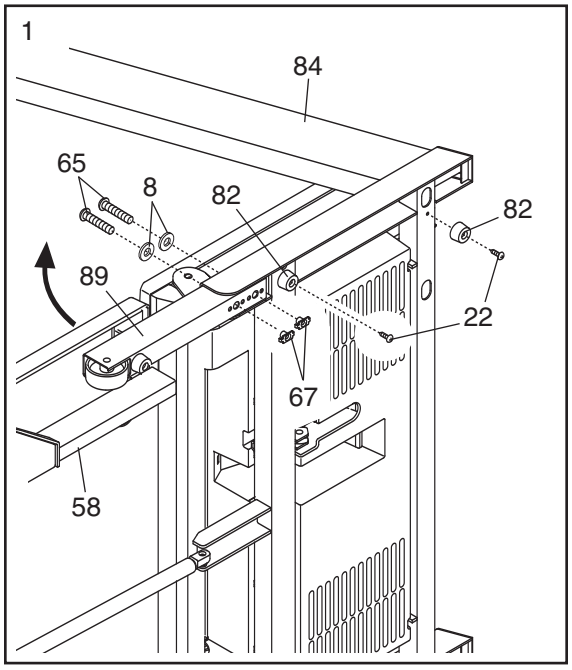
1. **Make sure that the power cord is unplugged.**

   With the help of a second person, carefully tip the treadmill onto its left side as shown. Partially fold the Frame (58) so the treadmill is more stable. **Do not fully fold the frame until the treadmill is completely assembled.**

   Attach four Base Pads (82) (only two are shown) to the base of the Uprights (84) with four 1" Tek Screws (22).

   Insert an Extension Leg (89) into the base of the Uprights (84) as shown. Hold two Extension Leg Nuts (67) in the bottom of the Extension Leg. Next, insert two Extension Leg Bolts (65) with Star Washers (8) into the top of the Extension Leg, and firmly tighten the Extension Leg Bolts into the Extension Leg Nuts.

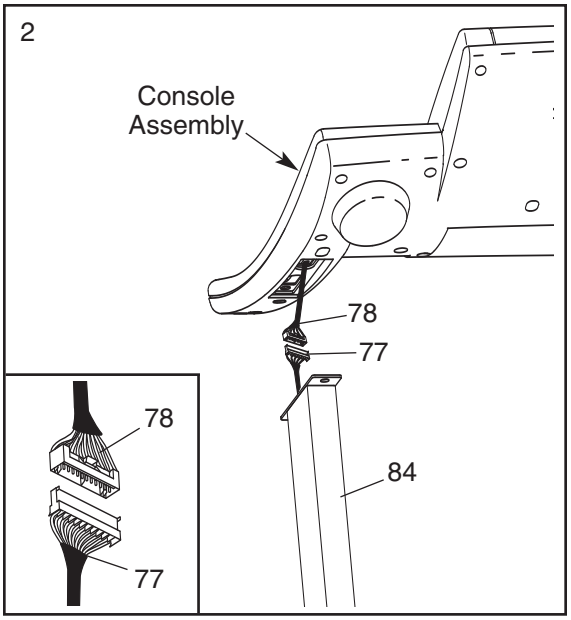
   With the help of a second person, carefully tip the treadmill onto its other side. Attach the other Extension Leg (not shown) as described above.



2. With the help of a second person, carefully raise the Uprights (84) to a vertical position.

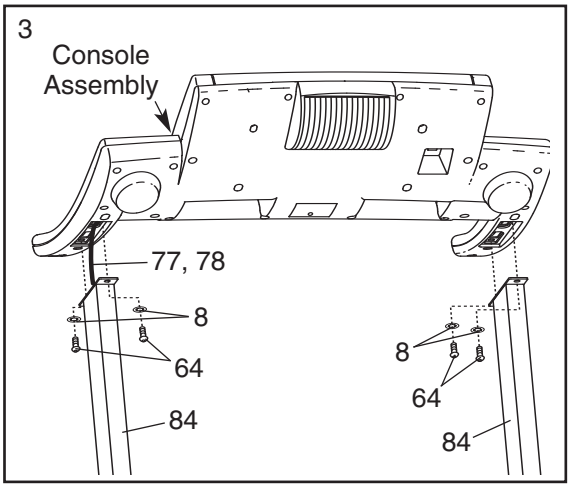
   Have the second person hold the console assembly near the Uprights (84) as shown. Look under the console assembly and locate the Console Wire Harness (78).

   Remove the tie securing the Upright Wire Harness (77) to the right Upright (84). Next, connect the Upright Wire Harness to the Console Wire Harness (78). **Make sure to connect the connectors properly (see the inset drawing). The connectors should slide together easily and snap into place.** If the connectors do not slide together easily and snap into place, turn one connector and then try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**



3. Insert the Wire Harnesses (77, 78) down into the right Upright (84).

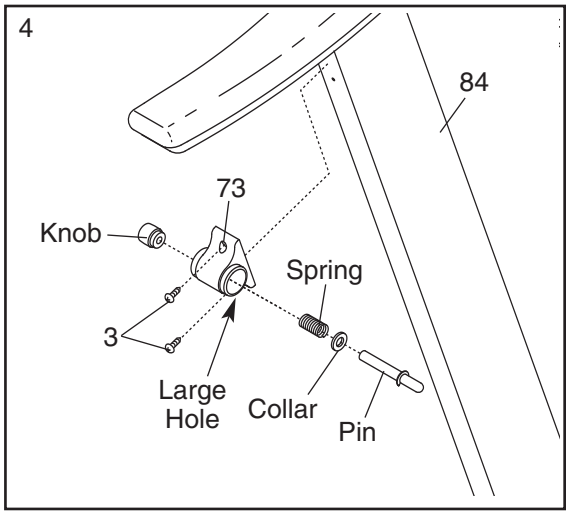
   Set the console assembly on the Uprights (84). **Be careful to avoid pinching the Wire Harnesses (77, 78).** While a second person holds the console assembly, attach it with four Console Bolts (64) and four Star Washers (8) as shown; **start all four Console Bolts and then firmly tighten them.**



4. Orient the Latch Housing (73) so the large hole is on the indicated side. Attach the Latch Housing to the left Upright (84) with two Screws (3); **start both Screws before tightening either of them.**

   Remove the knob from the pin. Make sure that the collar and the spring are on the pin. (Note: If there are two collars, place one on each side of the spring.) Next, insert the pin into the Latch Housing (73). Then, tighten the knob back onto the pin.

   Plug in the power cord as described on page 10, and turn on the power as described on page 12. Note: The treadmill may automatically rise to the maximum incline level and then return to the minimum level.

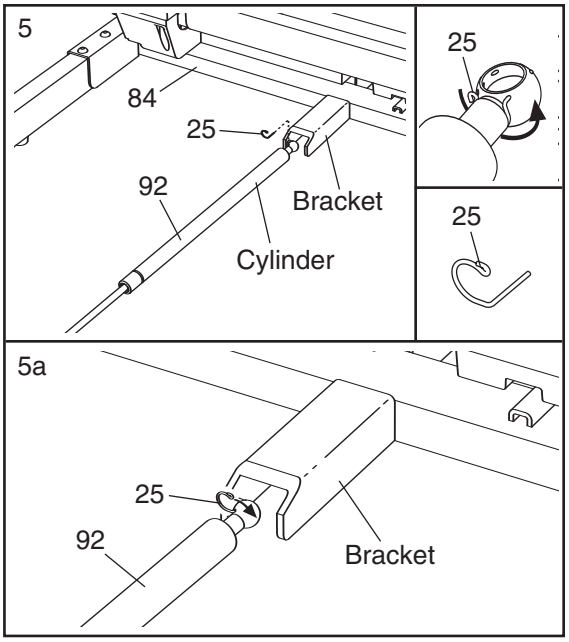


5. Place the treadmill in the storage position (see HOW TO FOLD AND MOVE THE TREADMILL on page 24).

   Set the cylinder end of the Gas Spring (92) near the bracket on the base of the Uprights (84).

   See the two small inset drawings. Using your fingernail or the end of a screwdriver, press on the end of the Spring Pin (25), pivot it, and pull it out of the Gas Spring (92). **Be careful to avoid losing the Spring Pin.** Note: Extra Spring Pins are included.

   See drawing 5a. Press the cylinder end of the Gas Spring (92) onto the ball on the bracket. Next, insert the end of the Spring Pin (25) into two of the small holes in the end of the Gas Spring. Then, pivot the Spring Pin until it clips onto the Gas Spring.

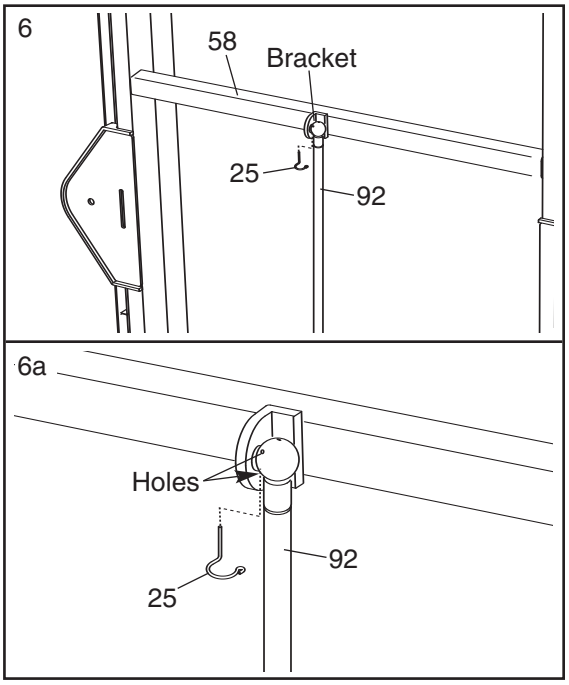


6. Raise the free end of the Gas Spring (92) to a vertical position. Remove the Spring Pin (25) from the free end of the Gas Spring as described in step 5. If necessary, rotate the Gas Spring to align the end of the Gas Spring with the ball on the bracket on the Frame (58).

   Plug in the power cord as described on page 10. Turn on the power as described on page 12. Next, press the Incline increase and decrease buttons until the ball on the bracket is aligned with end of the Gas Spring (92). Then, press the end of the Gas Spring onto the ball. Note: It may be necessary to press the end of the Gas Spring onto the ball while the Frame (58) is moving.

   See drawing 6a. Insert the Spring Pin (25) into the two indicated small holes in the end of the Gas Spring (92). Then, pivot the Spring Pin until it clips onto the Gas Spring.

   Press the Incline decrease button until the treadmill is at the lowest incline level. Then, unplug the power cord.

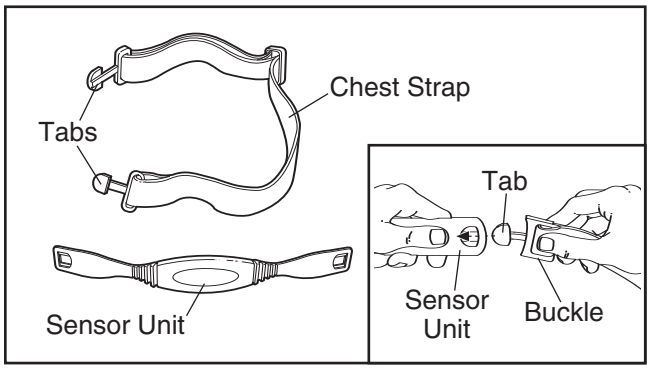


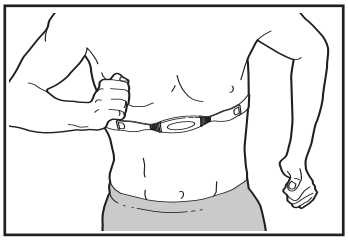
7. **Make sure that all parts are properly tightened before you use the treadmill.** If there are sheets of clear plastic on the treadmill decals, remove the plastic. To protect the floor or carpet, place a mat under the treadmill. Note: Extra hardware may be included. Keep the included hex key in a secure place; the hex key is used to adjust the walking belt (see page 27).

HOW TO USE THE CHEST PULSE SENSOR

HOW TO PUT ON THE CHEST PULSE SENSOR

The chest pulse sensor consists of two components: the chest strap and the sensor unit (see the drawing below). Insert the tab on one end of the chest strap into the hole in one end of the sensor unit, as shown in the inset drawing. Press the end of the sensor unit under the buckle on the chest strap. The tab should be flush with the front of the sensor unit.





Next, wrap the chest pulse sensor around your chest and attach the other end of the chest strap to the sensor unit. Adjust the length of the chest strap, if necessary. The chest pulse sensor should be under your clothes, tight against your skin, and as high under the pectoral muscles or breasts as is comfortable. Make sure that the logo on the sensor unit is facing forward and is right-side-up.

Next, pull the sensor unit away from your body a few inches and locate the two electrode areas on the inner side (the electrode areas are covered by shallow ridges). Using saline solution such as saliva or contact lens solution, wet both electrode areas. Return the sensor unit to a position against your chest.

CHEST PULSE SENSOR CARE AND MAINTENANCE

- Thoroughly dry the chest pulse sensor after each use. The chest pulse sensor is activated when the electrode areas are wetted and the heart rate monitor is put on; the chest pulse sensor shuts off when it is removed and the electrode areas are dried. If the chest pulse sensor is not dried after each use, it may remain activated longer than necessary, draining the battery prematurely.
- Store the chest pulse sensor in a warm, dry place. Do not store the chest pulse sensor in a plastic bag or other container that may trap moisture.
- Do not expose the chest pulse sensor to direct sunlight for extended periods of time; do not expose it to temperatures above 50° C (120° F) or below -10° C (15° F).
- Do not excessively bend or stretch the sensor unit when using or storing the chest pulse sensor.
- Clean the sensor unit using a damp cloth—never use alcohol, abrasives, or chemicals. The chest strap may be hand washed and air dried.

CHEST PULSE SENSOR TROUBLESHOOTING

The instructions on the following pages explain how the chest pulse sensor is used with the console. If the chest pulse sensor does not function properly, try the steps below.

- Make sure that you are wearing the chest pulse sensor as described at the left. Note: If the chest pulse sensor does not function when positioned as described, move it slightly lower or higher on your chest.
- Use saline solution such as saliva or contact lens solution to wet the two electrode areas on the sensor unit. If heart rate readings do not appear until you begin perspiring, rewet the electrode areas.
- As you walk or run on the treadmill, position yourself near the centre of the walking belt. **For the console to display heart rate readings, the user must be within arm's length of the console.**
- The chest pulse sensor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvcs), tachycardia bursts, and arrhythmia.
- The operation of the chest pulse sensor can be affected by magnetic interference caused by high power lines or other sources. If it is suspected that this is a problem, try relocating the treadmill.
- The CR2032 battery may need to be replaced (see page 28).

OPERATION AND ADJUSTMENT

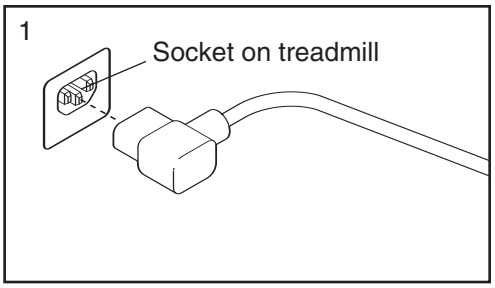
THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

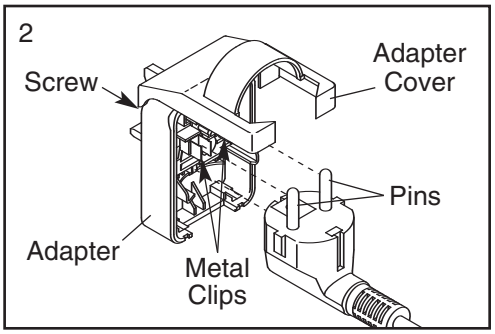
HOW TO PLUG IN THE POWER CORD

This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a power cord having an equipment-earthing conductor and an earthing plug. **Important: If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.**

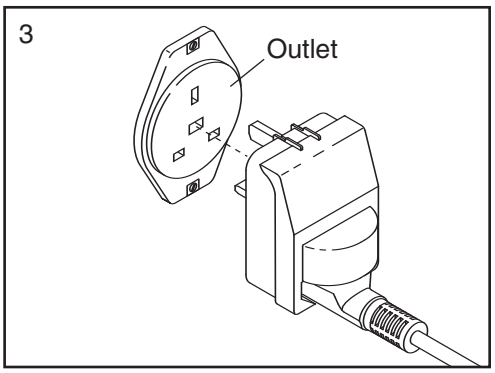
See drawing 1. Plug the indicated end of the power cord into the socket on the treadmill.



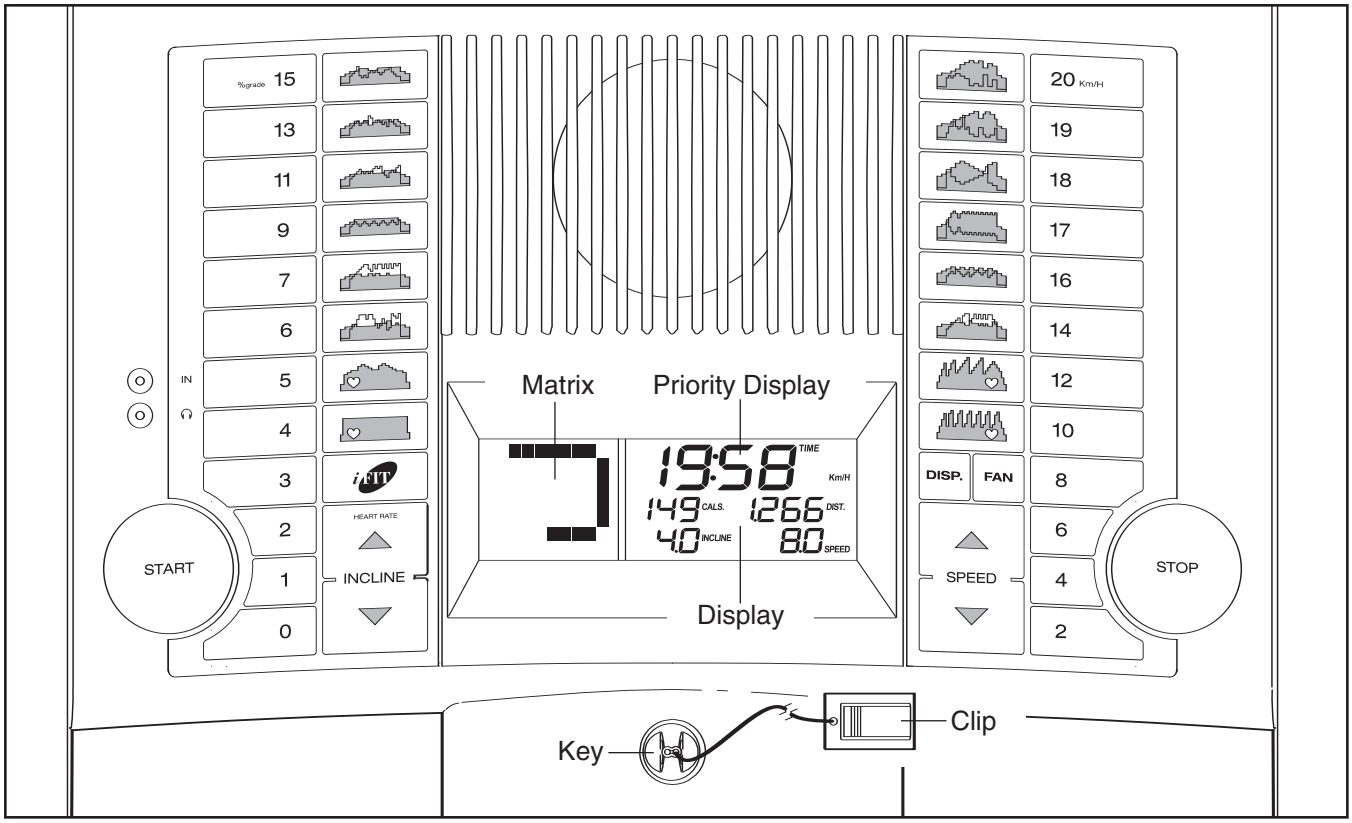
See drawing 2. Press the pins on the power cord into the metal clips in the adapter as shown. Close the adapter cover over the end of the power cord and tighten the screw in the adapter. **Important: Make sure that the adapter cover is secure and the screw has been tightened before using the power cord.**



See drawing 3. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances. **Important: The treadmill is not compatible with GFCI-equipped outlets.**



⚠ DANGER: Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.



FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features designed to make your workouts more effective. When the manual mode of the console is selected, you can change the speed and incline of the treadmill with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor or the chest pulse sensor.

In addition, the console features twelve preset programs. Each program automatically controls the speed and incline of the treadmill as it guides you through an effective workout. The console also offers four pulse programs that control the speed and incline of the treadmill to keep your heart rate near target heart rate settings during your workouts.

The console also features iFIT interactive technology. Having iFIT technology is like having a personal trainer in your home. Using a stereo audio cable, you can connect the treadmill to your portable stereo, home stereo, computer, or VCR and play special iFIT MP3, CD, and video programs (iFIT MP3 programs, CDs, and videocassettes are available separately). iFIT programs automatically control the speed and incline of the treadmill as a personal trainer guides you through every step of your workout; high-energy music provides added motivation. **To download iFIT MP3 programs, go to www.iFIT.com. To purchase iFIT CDs or videocassettes, call the telephone number on the front cover of this manual.**

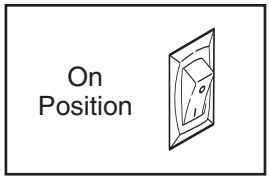
With the treadmill connected to your computer, you can also go to www.iFIT.com and access iFIT programs directly from our Web site. **See www.iFIT.com for more information.**

To use the manual mode of the console, follow the steps beginning on page 12. **To use a preset program**, see page 14. **To use a pulse program**, see page 16. **To use an iFIT MP3, CD, or video program**, see page 20. **To use an iFIT program directly from our Web site**, see page 22.

Note: If there is a sheet of clear plastic on the face of the console, remove the plastic. To prevent damage to the walking platform, always wear clean athletic shoes while using the treadmill.

HOW TO TURN ON THE POWER

Plug in the power cord (see page 10). Next, locate the on/off switch near the power cord. Make sure that the switch is in the “on” position.



Next, stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 11), and slide the clip onto the waistband of your clothes. Then, insert the key into the console. After a moment, the matrix and the display will light. **Test the clip by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip as needed.**

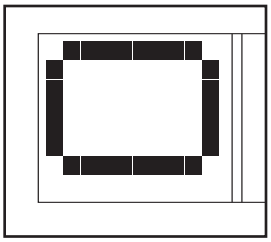
HOW TO USE THE MANUAL MODE

1 Insert the key into the console.

See HOW TO TURN ON THE POWER above.

2 Select the manual mode.

Each time the key is inserted, the manual mode will be selected. If you have selected a program, reselect the manual mode by pressing any program button twice; a track will appear in the matrix.



3 Start the walking belt.

To start the walking belt, press the Start button, the Speed increase button, or one of the numbered speed buttons.

If you press the Start button or the Speed increase button, the walking belt will begin to move at 2 Km/h. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time a button is pressed, the speed setting will change by 0.1 Km/h; if a button is held down, the speed setting will change in increments of 0.5 Km/h. Note: After the buttons are pressed, it may take a moment for the walking belt to reach the selected speed setting.

If you press one of the numbered speed buttons, the walking belt will gradually increase in speed until it reaches the selected speed setting.

To stop the walking belt, press the Stop button. To restart the walking belt, press the Start button, the Speed increase button, or one of the numbered buttons.

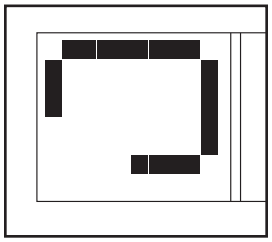
Note: The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 27).

4 Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the Incline increase and decrease buttons. Each time a button is pressed, the incline will change by 0.5%. Note: After the buttons are pressed, it may take a moment for the treadmill to reach the selected incline setting.

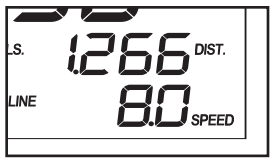
5 Follow your progress with the matrix and the display.

When the manual mode is selected, the matrix will show a track that represents 400 meters (1/4 mile). As you walk or run on the treadmill, the indicators around the track will appear in succession until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.



The lower left corner of the display will show the approximate number of calories you have burned and the incline level of the treadmill. When you use the handgrip pulse sensor or the chest pulse sensor, the lower left corner of the display will also show your heart rate.

The lower right corner of the display will show the distance that you have walked or run, the elapsed time, your pace (in minutes per mile), and the speed of the walking belt. Note: When a program is selected (except for pulse program 2), the lower right corner of the display will show the time remaining in the program instead of the elapsed time.



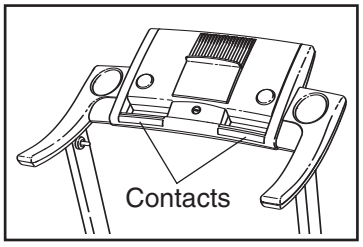
The center of the display is the priority display. Press the Display (DISP.) button repeatedly until the priority display shows the information that you most want to view. Note: While information is displayed in the priority display, the same information will not be displayed in the lower left or right corner of the display.

Note: The console can display speed and distance in either kilometers or miles. A "Km/H" will appear in the right side of the display when the console is displaying speed and distance in kilometers. To change the unit of measurement, see THE INFORMATION MODE on page 23. **Note: For simplicity, all instructions in this section refer to kilometers.**

To reset the display, press the Stop button, remove the key, and then reinsert the key.

6 Measure your heart rate if desired.

Note: If you use the handgrip pulse sensor and the chest pulse sensor at the same time, the console will not display your heart rate accurately. Before using the handgrip pulse sensor, remove the sheets of clear plastic from the metal contacts. In addition, make sure that your hands are clean.



Next, hold the handgrip pulse sensor with your palms resting on the metal contacts; **avoid moving your hands**. When your pulse is detected, the heart symbol in the lower left corner of the display will appear, one or two dashes will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

7 Turn on the fan if desired.

To turn on the fan, press the Fan button. To turn on the fan at high speed, press the button a second time. To turn off the fan, press the button a third time. Note: If the fan is left on when the walking belt is stopped, the fan will automatically turn off after a few minutes.

8 When you are finished exercising, remove the key from the console.

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting when the treadmill is folded to the storage position or the treadmill will be damaged.** Next, remove the key from the console and put it in a secure place. **Note: If the display remains lit after the key is removed, the console is in the "demo" mode. See page 23 and turn off the demo mode.**

When you are finished using the treadmill, switch the on/off switch to the "off" position and unplug the power cord.

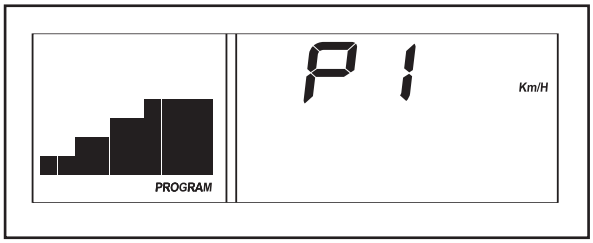
HOW TO USE A PRESET PROGRAM

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 12.

2 Select one of the preset programs.

To select a preset program, press one of the twelve preset program buttons; “P1,” “P2,” “P3,” “P4,” “P5,” “P6,” “P7,” “P8,” “P9,” “P10,” “P11,” or “P12” will appear in the priority display for a few seconds.



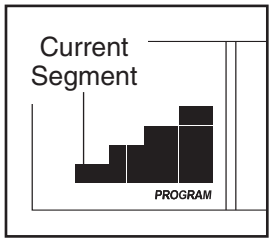
A few seconds after a preset program is selected, the maximum incline setting of the program and the maximum speed setting of the program will flash in the display for a few seconds. The display will also show how long the program will last. In addition, a profile of the speed settings of the program will scroll across the matrix.

3 Press the Start button or the Speed increase button to start the program.

A moment after you press the button, the treadmill will automatically adjust to the first speed and incline settings of the program. Hold the handrails and begin walking.

Each program is divided into 30 one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for two or more consecutive segments.

The speed setting for the first segment will be shown in the flashing Current Segment column of the matrix. (The incline settings are not shown in the matrix.) The speed settings for the next several segments will be shown in the columns to the right.



When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash and a series of tones will sound. If the speed and/or incline of the treadmill is about to change, the speed setting and/or the incline setting will flash in the display to alert you.

When the first segment is completed, *all speed settings will move one column to the left*. The speed setting for the second segment will then be shown in the flashing Current Segment column, and the treadmill will automatically adjust to the speed and incline settings for the second segment. Note: If all seven of the indicators in the Current Segment column are lit, *the speed settings may move downward* so that only the highest indicators appear in the matrix.

The program will continue in this way until the speed setting for the last segment is shown in the Current Segment column and the last segment ends. The walking belt will then slow to a stop.

If the speed or incline setting for the current segment is too high or too low, you can manually override the setting by pressing the Speed or Incline buttons. Every few times a Speed button is pressed, an additional indicator will appear or disappear in the Current Segment column; if any of the columns to the right of the Current Segment column have the same number of lit indicators as the Current Segment column, an additional indicator may appear or disappear in those columns as well. **Important: When the current segment of the program ends, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the program at any time, press the Stop button. To restart the program, press the Start button or the Speed increase button. The walking belt will begin to move at 2 Km/h. When the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

4 **Follow your progress with the matrix and the display.**

See step 5 on pages 12 and 13.

5 **Measure your heart rate if desired.**

See step 6 on page 13.

6 **Turn on the fan if desired.**

See step 7 on page 13.

7 **When you are finished exercising, remove the key from the console.**

When the program ends, **make sure that the incline of the treadmill is at the lowest setting.** Next, remove the key from the console and put it in a safe place. **Note: If the display remains lit after the key is removed, the console is in the "demo" mode. See page 23 and turn off the demo mode.**

When you are finished using the treadmill, switch the on/off switch to the "off" position and unplug the power cord.

HOW TO USE A PULSE PROGRAM

⚠ CAUTION: If you have heart problems, or if you are over 60 years of age and have been inactive, do not use the pulse programs. If you are taking medication regularly, consult your physician to find whether the medication will affect your exercise heart rate.

Follow the steps below to use a pulse program. **Note: You must wear the chest pulse sensor to use a pulse program. While using the chest pulse sensor, do not use the handgrip pulse sensor.**

1 Put on the chest pulse sensor.

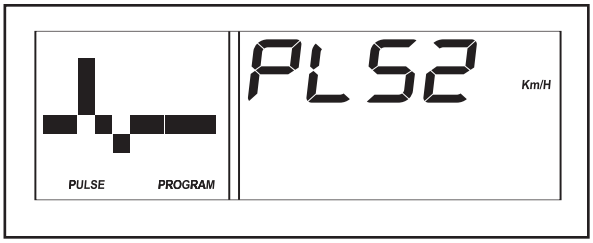
See HOW TO PUT ON THE CHEST PULSE SENSOR on page 9.

2 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 12.

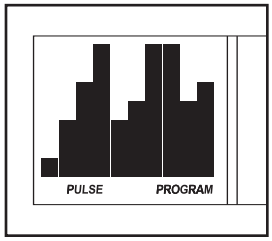
3 Select one of the pulse programs.

To select a pulse program, press one of the four pulse program buttons; “PLS1,” “PLS2,” “PLS3,” or “PLS4” will appear in the priority display for a few seconds.

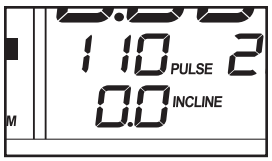


If pulse program 2 is selected, a pulse symbol will scroll across the matrix (see the drawing above).

If pulse program 1, 3, or 4 is selected, a profile of the target heart rate settings of the program will scroll across the matrix.



4 Enter a target heart rate setting.



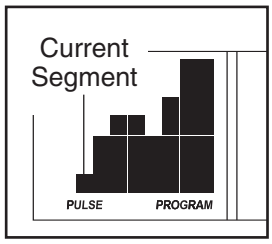
If pulse program 2 is selected, the target heart rate setting for the entire program will flash in the display. If desired, press the Incline increase and decrease buttons to change the target heart rate setting **(see EXERCISE INTENSITY on page 29).**

If pulse program 1, 3, or 4 is selected, the maximum target heart rate setting of the program will flash in the display. If desired, press the Incline increase and decrease buttons to change the maximum target heart rate setting **(see EXERCISE INTENSITY on page 29).** Note: If you change the maximum target heart rate setting, the intensity level of the entire program will change.

5 Press the Start button or the Speed increase button to start the program.

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings of the program. Hold the handrails and begin walking.

Pulse program 2 is divided into 40 one-minute segments. The same target heart rate setting is programmed for all segments. (For a shorter workout, simply stop the program before it ends.) Pulse programs 1, 3, and 4 are divided into 20 or 30 one-minute segments. One target heart rate setting is programmed for each segment. Note: The same target heart rate setting may be programmed for two or more consecutive segments.



If pulse program 1, 3, or 4 is selected, the target heart rate setting for the first segment will be shown in the flashing Current Segment column of the matrix. The target heart rate settings for the next several segments will be shown in the columns to the right. When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash and a series of tones will sound.

When the first segment ends, *all target heart rate settings will move one column to the left.* The target heart rate setting for the second segment will then be shown in the flashing Current Segment column.

During any pulse program, the console will regularly compare your heart rate to the target heart rate setting. If your heart rate is too far below or above the target heart rate setting for the current segment, the speed of the walking belt will automatically increase or decrease to bring your heart rate closer to the target heart rate setting.

If the speed or incline setting is too high or too low at any time during the program, you can adjust the setting with the Speed or Incline buttons. However, when the console compares your heart rate to the target heart rate setting, the speed of the treadmill may automatically change to bring your heart rate closer to the target heart rate setting.

If your pulse is not detected during the program, the letters “PLS” will flash in the display and the speed of the treadmill may automatically decrease. If this occurs, see CHEST PULSE SENSOR TROUBLESHOOTING on page 9.

To stop the program at any time, press the Stop button. To restart the program, press the Start button or the Speed increase button. The walking belt will begin to move at 2 Km/h. When the console compares your heart rate to the target heart rate setting, the speed and/or incline of the treadmill may automatically change to bring your heart rate closer to the target heart rate setting.

6 Follow your progress with the matrix and the display.

See step 5 on pages 12 and 13.

7 Turn on the fan if desired.

See step 7 on page 13.

8 When you are finished exercising, remove the key from the console.

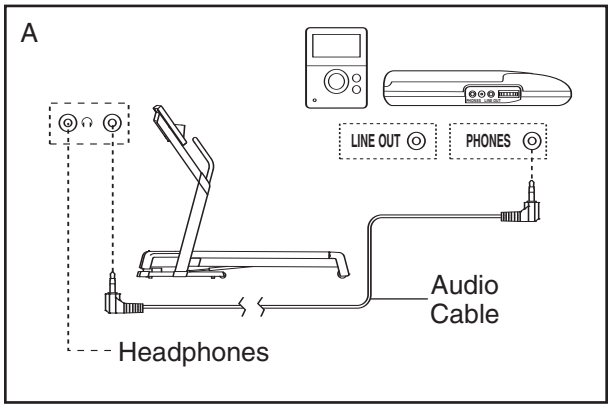
See step 7 on page 15.

HOW TO CONNECT THE TREADMILL TO USE IFIT PROGRAMS

To use iFIT MP3 or CD programs, you must connect the treadmill to your MP3 player, CD player, portable stereo, home stereo, or computer. See pages 18 and 19 for connecting instructions. **To use iFIT programs directly from our Web site**, you must connect the treadmill to your computer. See page 19 for connecting instructions. **To use iFIT video programs**, you must connect the treadmill to your VCR. See page 20 for connecting instructions.

HOW TO CONNECT YOUR MP3 PLAYER OR CD PLAYER

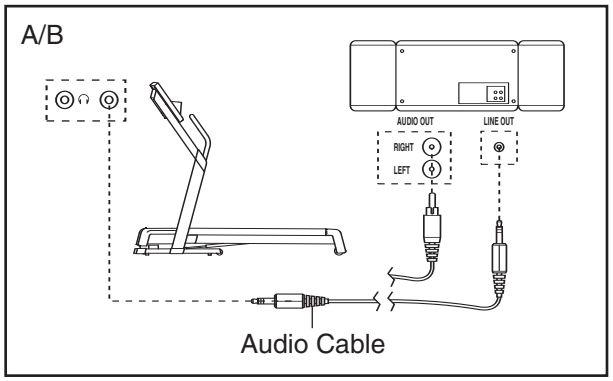
A. Plug one end of the included 3.5 mm to 3.5 mm stereo audio cable into the input jack on the console. Plug the other end of the cable into a jack on your MP3 player or CD player. Plug your headphones into the headphone jack on the console.



HOW TO CONNECT YOUR PORTABLE STEREO

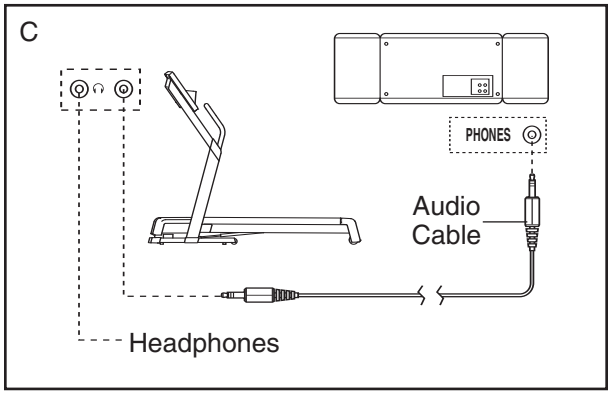
Note: If your stereo has an RCA-type AUDIO OUT jack, see instruction A below. If your stereo has a 3.5 mm LINE OUT jack, see instruction B. If your stereo has only a PHONES jack, see instruction C.

A. Plug one end of a long 3.5 mm to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the AUDIO OUT jack on your stereo.



B. See the drawing above. Plug one end of a long 3.5 mm to 3.5 mm stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the LINE OUT jack on your stereo. Note: While the cable is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.

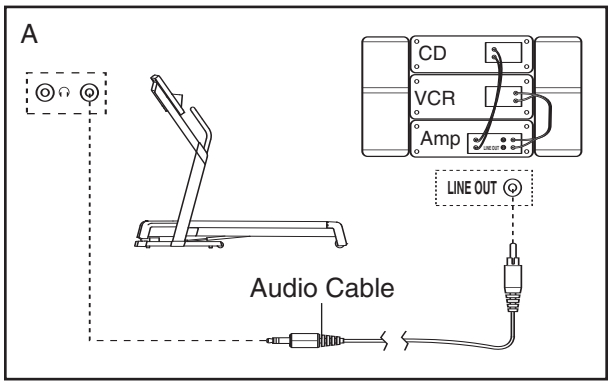
C. Plug one end of a long 3.5 mm to 3.5 mm stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the PHONES jack on your stereo. Plug your headphones into the headphone jack on the console.



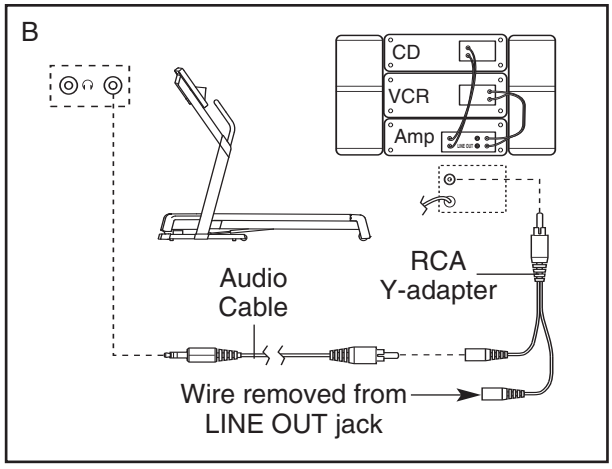
HOW TO CONNECT YOUR HOME STEREO

Note: If your stereo has an unused LINE OUT jack, see instruction A below. If the LINE OUT jack is being used, see instruction B.

A. Plug one end of a long 3.5 mm to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the LINE OUT jack on your stereo. Note: While the cable is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.

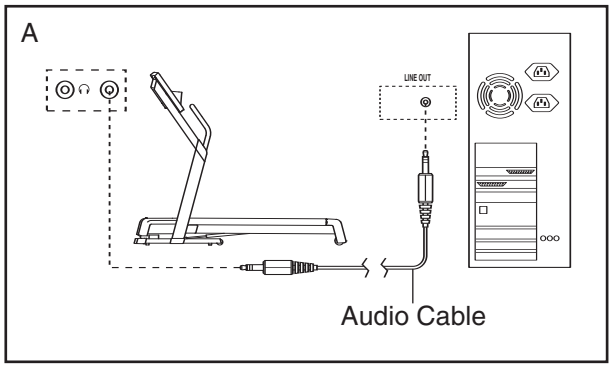


B. Plug one end of a long 3.5 mm to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the LINE OUT jack on your stereo and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the LINE OUT jack on your stereo. Note: While the Y-adapter is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.



HOW TO CONNECT YOUR COMPUTER

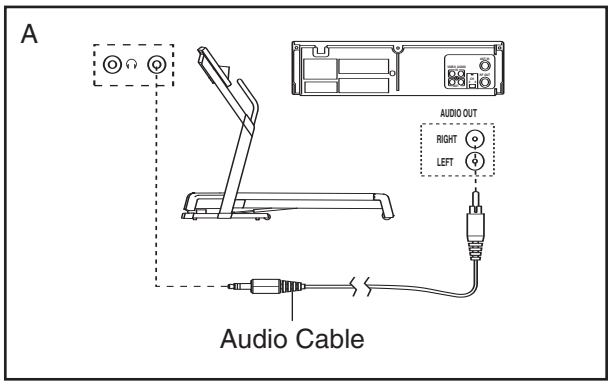
A. Plug one end of a long 3.5 mm to 3.5 mm stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the LINE OUT jack on your computer. Note: While the cable is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.



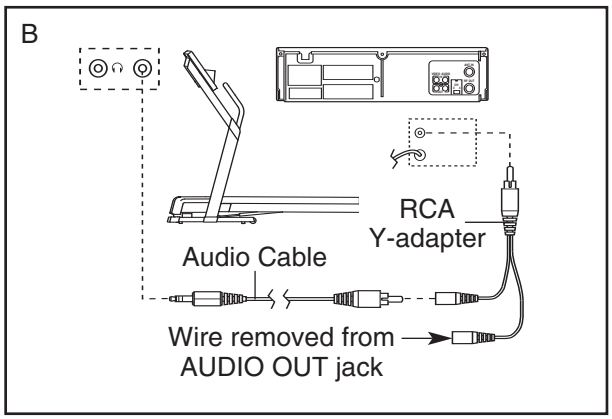
HOW TO CONNECT YOUR VCR

Note: If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see HOW TO CONNECT YOUR HOME STEREO on page 19.

A. Plug one end of a long 3.5 mm to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the AUDIO OUT jack on your VCR.



B. Plug one end of a long 3.5 mm to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the AUDIO OUT jack on your VCR.



HOW TO USE AN IFIT MP3, CD, OR VIDEO PROGRAM

To use an iFIT MP3, CD, or video program, you must connect the treadmill to your MP3 player, CD player, or VCR. See HOW TO CONNECT THE TREADMILL TO USE IFIT PROGRAMS on pages 18 to 20. **To download iFIT MP3 programs, go to www.iFIT.com. To purchase iFIT CDs or videocassettes, call the telephone number on the front cover of this manual.**

Follow the steps below to use an iFIT MP3, CD, or video program.

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 12.

2 Select the iFIT mode.

To select the iFIT mode, press the iFIT button. The letters “iFIT” will appear below the matrix in the display.

3 Press the Play button on your MP3 player, CD player, or VCR.

Note: If you are using an iFIT CD, insert the CD into your CD player; if you are using an iFIT videocassette, insert the videocassette into your VCR.

A moment after the Play button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer’s instructions. Note: If the time is flashing in the display, press the Start button or the Speed increase button on the console. The treadmill will not respond to an MP3, CD, or video program while the time is flashing in the display.

During the program, an electronic “chirping” sound will alert you when the speed and/or incline of the treadmill is about to change. **CAUTION: Always listen for the “chirp” and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before your personal trainer describes the change.**

If the speed or incline settings are too high or too low, you can manually override the settings at any time by pressing the Speed or Incline buttons on the console. However, **when the next "chirp" is heard, the speed and/or incline will change to the next settings of the program.**

To stop the walking belt at any time, press the Stop button on the console. The time will begin to flash in the display. To restart the program, press the Start button or the Speed increase button. After a moment, the walking belt will begin to move at 2 Km/h. **When the next "chirp" is heard, the speed and/or incline will change to the next settings of the program**.

When the program is completed, the walking belt will stop. Note: To use another MP3, CD, or video program, press the Stop button or remove the key and go to step 1 on page 20.

Note: If the speed and/or incline of the treadmill does not change when a "chirp" is heard:

- **Make sure that the letters "iFIT" appear in the display and that the time is not flashing in the display. If the time is flashing, press the Start button or the Speed increase button on the console.**
- **Adjust the volume of your MP3 player, CD player, or VCR. If the volume is too high or too low, the console may not detect the program signals.**
- **Make sure that the audio cable is properly connected.**
- **If you are using a portable CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.**

4 **Follow your progress with the matrix and the display.**

See step 5 on pages 12 and 13.

5 **Measure your heart rate if desired.**

See step 6 on page 13.

6 **Turn on the fan if desired.**

See step 7 on page 13.

7 **When you are finished exercising, remove the key from the console.**

See step 7 on page 15.

CAUTION: Always remove iFIT CDs and videocassettes from your CD player and VCR and disconnect your MP3 player when you are not using them.

HOW TO USE AN IFIT PROGRAM DIRECTLY FROM OUR WEB SITE

Our Web site at www.iFIT.com allows you to access programs directly from the internet. Additional options are soon to be available. See www.iFIT.com for details.

To use programs from our Web site, you must connect the treadmill to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 19. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements is found on our Web site.

Follow the steps below to use a program from our Web site.

1 **Insert the key into the console.**

See HOW TO TURN ON THE POWER on page 12.

2 **Select the iFIT mode.**

See step 2 on page 20.

3 **Go to your computer and start an internet connection.**

4 **Start your web browser, if necessary, and go to our Web site at www.iFIT.com.**

5 **Follow the desired links on our Web site to select a program.**

Read and follow the on-line instructions for using a program.

6 **Follow the on-line instructions to start the program.**

When you start the program, an on-screen countdown will begin.

7 **Return to the treadmill and stand on the foot rails. Find the clip attached to the key and slide the clip onto the waistband of your clothes.**

When the on-screen countdown ends, the program will begin and the walking belt will begin to move. Hold the handrails, step onto the walking belt, and begin walking. During the program, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. **CAUTION: Always listen for the "chirp" and be prepared for speed and/or incline changes.**

If the speed or incline settings are too high or too low, you can manually override the settings at any time by pressing the Speed or Incline buttons on the console. **However, when the next "chirp" is heard, the speed and/or incline will change to the next settings of the program.**

To stop the walking belt at any time, press the Stop button on the console. The time will begin to flash in the display. To restart the program, press the Start button or the Speed increase button. After a moment, the walking belt will begin to move at 2 Km/h. **When the next "chirp" is heard, the speed and incline will change to the next settings of the program**.

When the program is completed, the walking belt will stop. Note: To use another program, press the Stop button and go to step 5.

Note: If the speed and/or incline of the treadmill does not change when a "chirp" is heard, make sure that the letters "iFIT" appear in the display and that the time is not flashing in the display. In addition, make sure that the audio cable is properly connected.

8 **Follow your progress with the matrix and the display.**

See step 5 on pages 12 and 13.

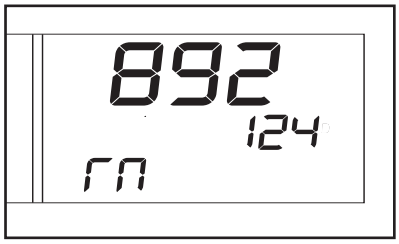
9 **When you are finished exercising, remove the key from the console.**

See step 7 on page 15.

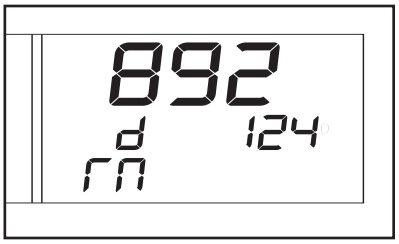
THE INFORMATION MODE

The console features an information mode that keeps track of the total number of hours that the treadmill has been operated and the total distance that the walking belt has moved. The information mode also allows you to select miles or kilometers as the unit of measurement and to turn on and turn off the demo mode.

To select the information mode, hold down the Stop button while inserting the key into the console, and then release the Stop button. When the information mode is selected, the following information will be displayed:



The priority display will show the total number of kilometers (or miles) that the walking belt has moved. The lower right corner of the display will show the total number of hours that the treadmill has been operated. An “M” for metric kilometers or an “E” for English miles will appear in the lower left corner of the display. Press the Speed increase button to change the unit of measurement if desired.



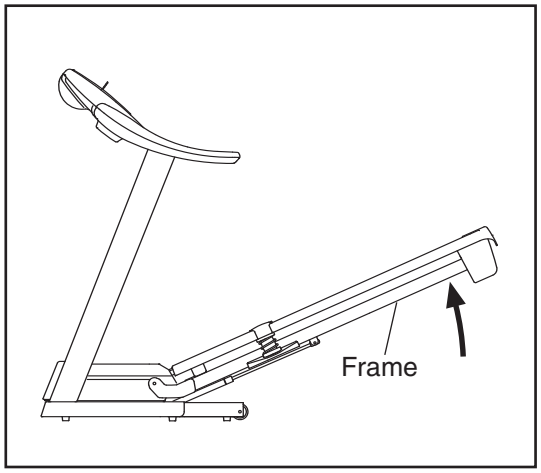
IMPORTANT: If a “d” appears in the lower left corner of the display, the console is in the “demo” mode. This mode is intended to be used only when a treadmill is displayed in a store. When the console is in the demo mode, the power cord can be plugged in, the key can be removed from the console, and the indicators in the display will automatically appear in a preset sequence; the buttons on the console will not operate. **If a “d” appears when the information mode is selected, press the Speed decrease button so the “d” disappears.**

To exit the information mode, remove the key from the console.

HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

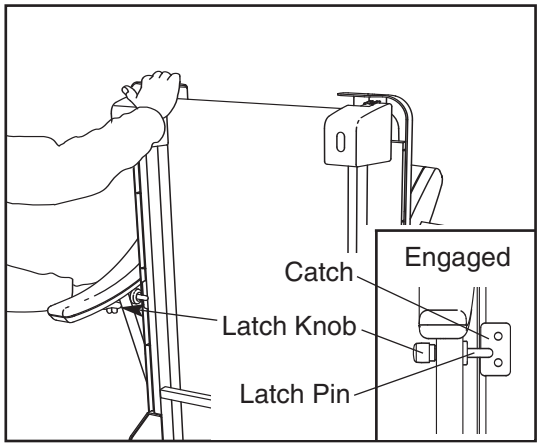
Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may be permanently damaged. Next, unplug the power cord. CAUTION: You must be able to safely lift 20 kg (45 lbs.) to raise, lower, or move the treadmill.



1. **Hold the metal frame firmly in the location shown by the arrow at the right. CAUTION: To decrease the possibility of injury, do not lift the frame by the plastic foot rails. Make sure to bend your legs and keep your back straight. As you raise the frame, make sure to lift with your legs rather than your back.** Raise the frame about halfway to the vertical position.

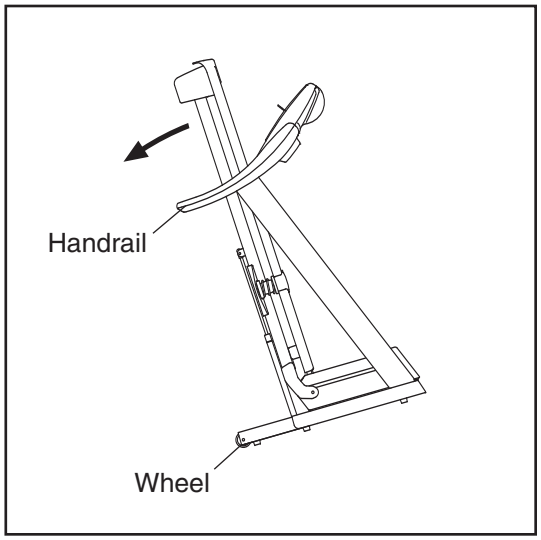
2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the latch knob to the left and hold it. Raise the treadmill until the catch is past the latch pin. Slowly release the latch knob. **Make sure that the catch is securely held by the latch pin.**

   To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 30° Celsius (85° Fahrenheit).



HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the catch is securely held by the latch pin.**



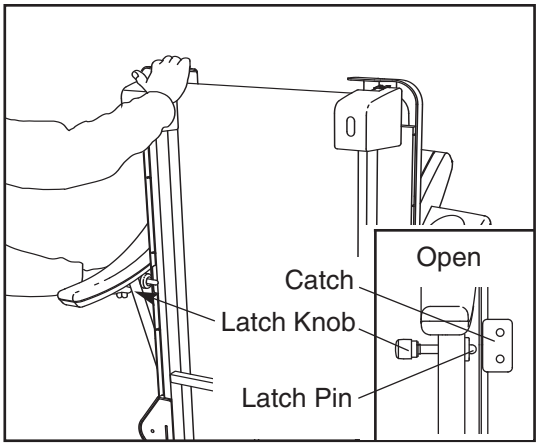
1. Hold the ends of the handrails. Place one foot against one of the wheels.

2. Tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution while moving the treadmill. Do not move the treadmill over an uneven surface.**

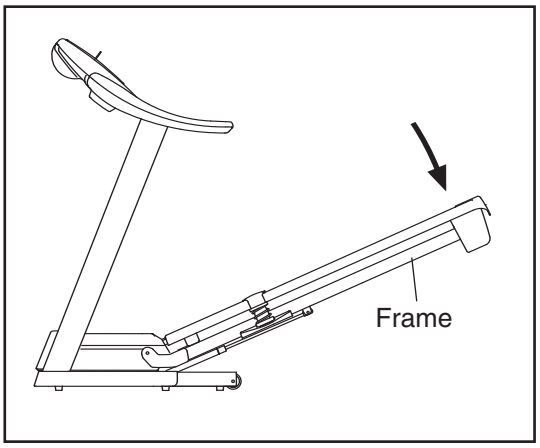
3. Place one foot against one of the wheels, and carefully lower the treadmill until it is resting in the storage position.

HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand. Pull the latch knob to the left and hold it. Pivot the treadmill down until the catch is past the latch pin.



2. **Hold the metal frame firmly with both hands**, and lower the treadmill to the floor. **CAUTION: To decrease the possibility of injury, do not lower the treadmill by gripping only the plastic foot rails. Do not drop the treadmill frame to the floor. Be sure to bend your legs and keep your back straight.**



TROUBLESHOOTING

Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

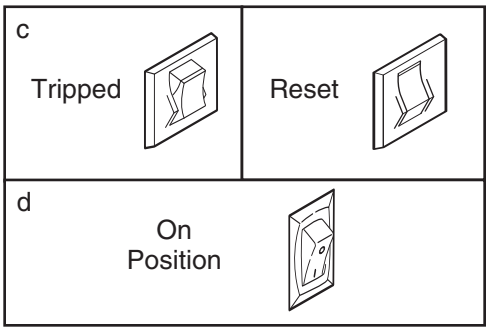
PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a properly earthed outlet (see page 10). If an extension cord is needed, use only a 3-conductor, 1 mm^2 (14-gauge) cord that is no longer than 1.5 m (5 ft.). Important: The treadmill is not compatible with GFCI-equipped outlets.

b. After the power cord has been plugged in, make sure that the key is inserted into the console.

c. Check the circuit breaker located on the treadmill near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.

d. Check the on/off switch located on the treadmill near the power cord. The switch must be in the "on" position.



PROBLEM: The power turns off during use

SOLUTION: a. Check the circuit breaker located on the treadmill frame near the power cord (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console. Reinsert the key into the console.

d. Make sure that the on/off switch is in the "on" position (see d. above).

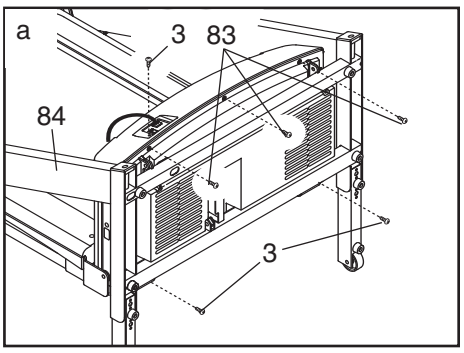
e. If the treadmill still will not run, please see the front cover of this manual.

PROBLEM: The incline of the treadmill does not change correctly

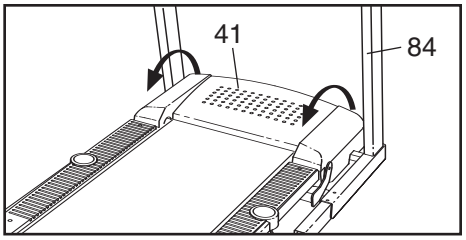
SOLUTION: a. With the key in the console, press one of the Incline buttons. **While the incline is changing, remove the key.** After a few seconds, re-insert the key. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline system.

PROBLEM: The display of the console does not function properly

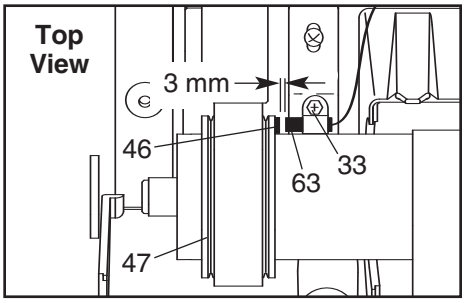
SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD.** With the help of a second person, carefully tip the Uprights (84) down as shown. Next, remove the three Screws (83) and the three hood Screws (3). Note: A phillips screwdriver with a shaft at least 13 cm (5 in.) long is required.



With the help of a second person, carefully raise the Uprights (84) to the position shown. Carefully pivot the Hood (41) off.



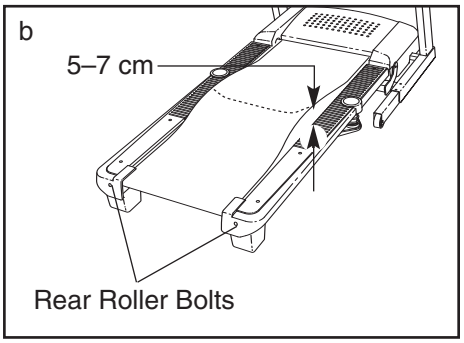
Locate the Reed Switch (63) and the Magnet (46) on the left side of the Pulley (47). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 3 mm (1/8 in.).** If necessary, loosen the Screw (33), move the Reed Switch slightly, and then retighten the Screw. Reattach the Hood (not shown), and run the treadmill for a few minutes to check for a correct speed reading.



PROBLEM: The walking belt slows when walked on

SOLUTION: a. If an extension cord is needed, use only a 3-conductor, 1mm^2 (14-gauge) cord that is no longer than 1.5 m (5 ft.).

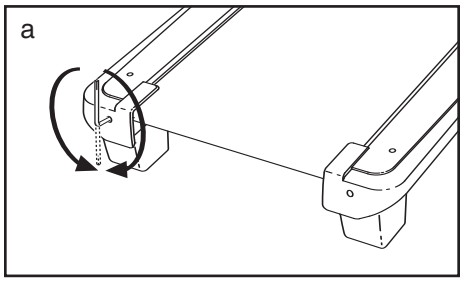
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 5 to 7 cm (2 to 3 in.) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



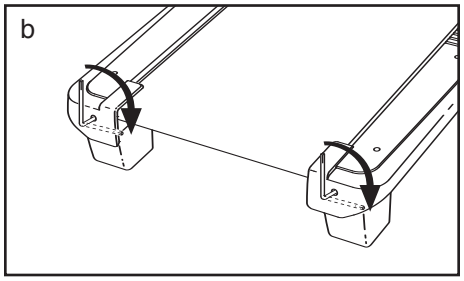
c. If the walking belt still slows when walked on, please see the front cover of this manual.

PROBLEM: The walking belt is off-center or slips when walked on

SOLUTION: a. **If the walking belt is off-center,** first remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left,** use the hex key to turn the left rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the left bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



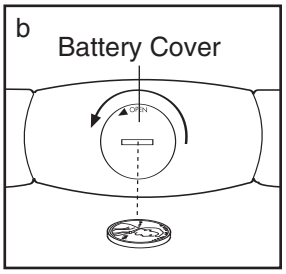
b. **If the walking belt slips when walked on,** first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 5 to 7 cm (2 to 3 in.) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



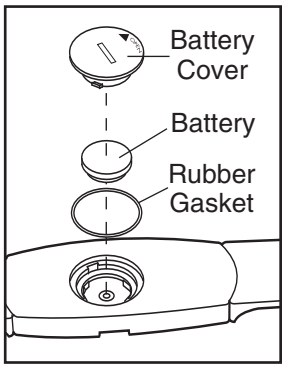
PROBLEM: The chest pulse sensor does not function properly

SOLUTION: a. If the chest pulse sensor does not function properly, see CHEST PULSE SENSOR TROUBLESHOOTING on page 9.

b. If the chest pulse sensor still does not function properly, the battery should be changed. To replace the battery, first locate the battery cover on the back of the sensor unit. Insert a coin into the slot in the cover, and turn the cover counterclockwise to the “open” position. Then, remove the cover.



Next, remove the old battery from the sensor unit, and insert a new CR 2032 battery, **with the battery oriented so the writing is on top.** Make sure that the rubber gasket is in place in the sensor unit. Then, reinsert the battery cover and turn it to the closed position.



CONDITIONING GUIDELINES

⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

The pulse sensor is not a medical device. Various factors, including your movement, may affect the accuracy of heart rate readings. The sensor is intended only as an exercise aid in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a reputable book or consult your physician.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.

♥	165	155	145	140	130	125	115
♥	145	138	130	125	118	110	103
♥	125	120	115	110	105	95	90
	20	30	40	50	60	70	80

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers define your "training zone." The lower two numbers are recommended heart rates for fat burning; the higher number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near the lowest number in your training zone.

For maximum fat burning, adjust the speed and incline of the treadmill until your heart rate is near the middle number in your training zone.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A Warm-up—Start each workout with 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise.

Training Zone Exercise—After warming up, increase the intensity of your exercise until your heart rate is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

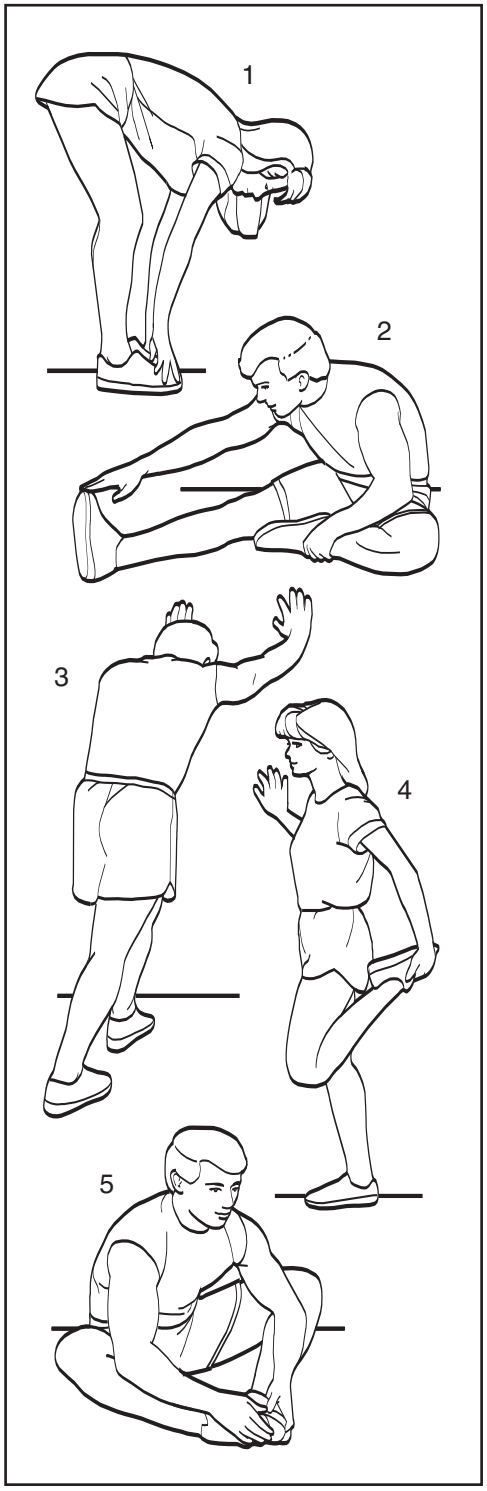
A Cool-down—Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.



1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.

PART LIST—Model No. PETL41106.0

R0806A

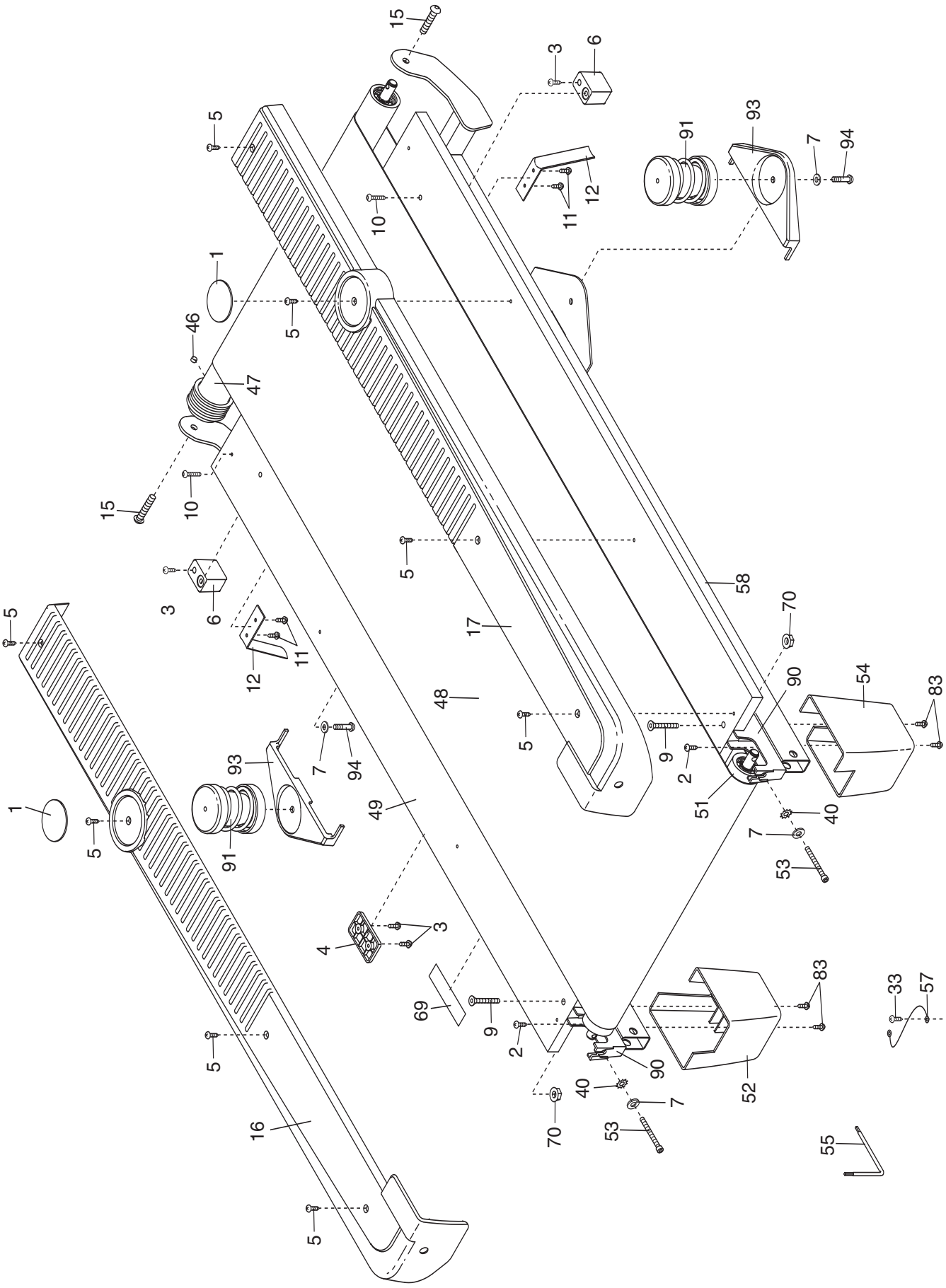
To locate the parts listed below, see the EXPLODED DRAWING on pages 32 to 35.

Key No.	Qty.	Description
1	2	Isolator Decal
2	8	3/4” Tek Screw
3	40	Screw
4	1	Catch
5	8	Foot Rail Screw
6	2	Front Isolator
7	4	Isolator Washer
8	8	Star Washer
9	2	Platform Bolt, Back
10	2	Platform Bolt, Front
11	4	Belt Guide Screw
12	2	Belt Guide
13	1	Left Handrail
14	1	Right Handrail
15	2	Frame Pivot Bolt
16	1	Left Foot Rail
17	1	Right Foot Rail
18	5	U-nut
19	1	Static Decal
20	1	Console Frame Support
21	1	Latch Pin Assembly
22	6	1” Tek Screw
23	1	Console Ground Wire
24	2	Motor Bolt
25	2	Spring Clip
26	1	Motor Belt
27	1	Drive Motor
28	2	Frame Washer
29	2	Pulse Receiver Screw
30	1	Filter Wire
31	2	Lift Frame Bolt
32	6	Lock Nut
33	20	1/2” Screw
34	1	Console
35	2	Fan Screw
36	1	Power Cord
37	1	Console Fan
38	1	Controller
39	1	Electronics Bracket
40	3	Roller Star Washer
41	1	Hood
42	1	Front Roller Bushing
43	1	Lift Frame
44	2	Base Endcap
45	1	Front Roller Bolt
46	1	Magnet
47	1	Front Roller
48	1	Walking Belt
49	1	Walking Platform
50	1	Motor Cover
51	1	Rear Roller
52	1	Left Rear Endcap
53	2	Rear Roller Bolt
54	1	Right Rear Endcap
55	1	Allen Wrench
56	1	Incline Stop Bracket
57	1	Ground Wire
58	1	Frame
59	1	Belly Pan
60	1	Reed Switch Bracket
61	1	Reed Switch Clip
62	1	Front Roller Nut
63	1	Reed Switch
64	4	Console Bolt
65	4	Extension Leg Bolt
66	4	Star Washer
67	4	Extension Leg Nut
68	2	Caution Decal
69	1	Warning Decal
70	2	Platform Nut
71	10	Cable Tie
72	1	Cotter Pin, Bottom
73	1	Latch Housing
74	2	Tie Clamp
75	3	Releasable Tie
76	1	Access Door
77	1	Upright Wire Harness
78	1	Console Wire Harness
79	1	Key/Clip
80	2	Front Wheel
81	2	Wheel Bolt
82	6	Base Pad
83	10	3/4” Screw
84	1	Upright
85	1	Console Base
86	1	Cotter Pin, Top
87	2	Hair Pin Cotter Pin
88	1	Incline Motor
89	2	Extension Leg
90	2	Rear Roller Bracket
91	2	Isolator
92	1	Gas Spring
93	2	Isolator Bracket Cover
94	2	Isolator Bolt, Bottom
95	1	Idler Arm Pivot Bolt
96	1	Idler Arm Spacer
97	1	Idler Arm
98	1	Idler Arm Spring
99	1	Idler Arm Washer
100	1	Idler Arm Nut
101	1	Idler Arm Pulley
102	1	Pulley Bolt
103	5	Hood Cover Screw
104	1	Pulse Receiver
105	1	Chest Pulse Strap
106	1	Transformer
107	1	Filter
108	1	Outlet Assembly
109	1	Power Cord Adapter
110	2	Motor Isolator
111	1	Chest Pulse Sensor
#	1	6” Blue Wire, 2F
#	1	4” Red Wire, M/F
#	1	User’s Manual

“#” indicates a non-illustrated part. Specifications are subject to change without notice.

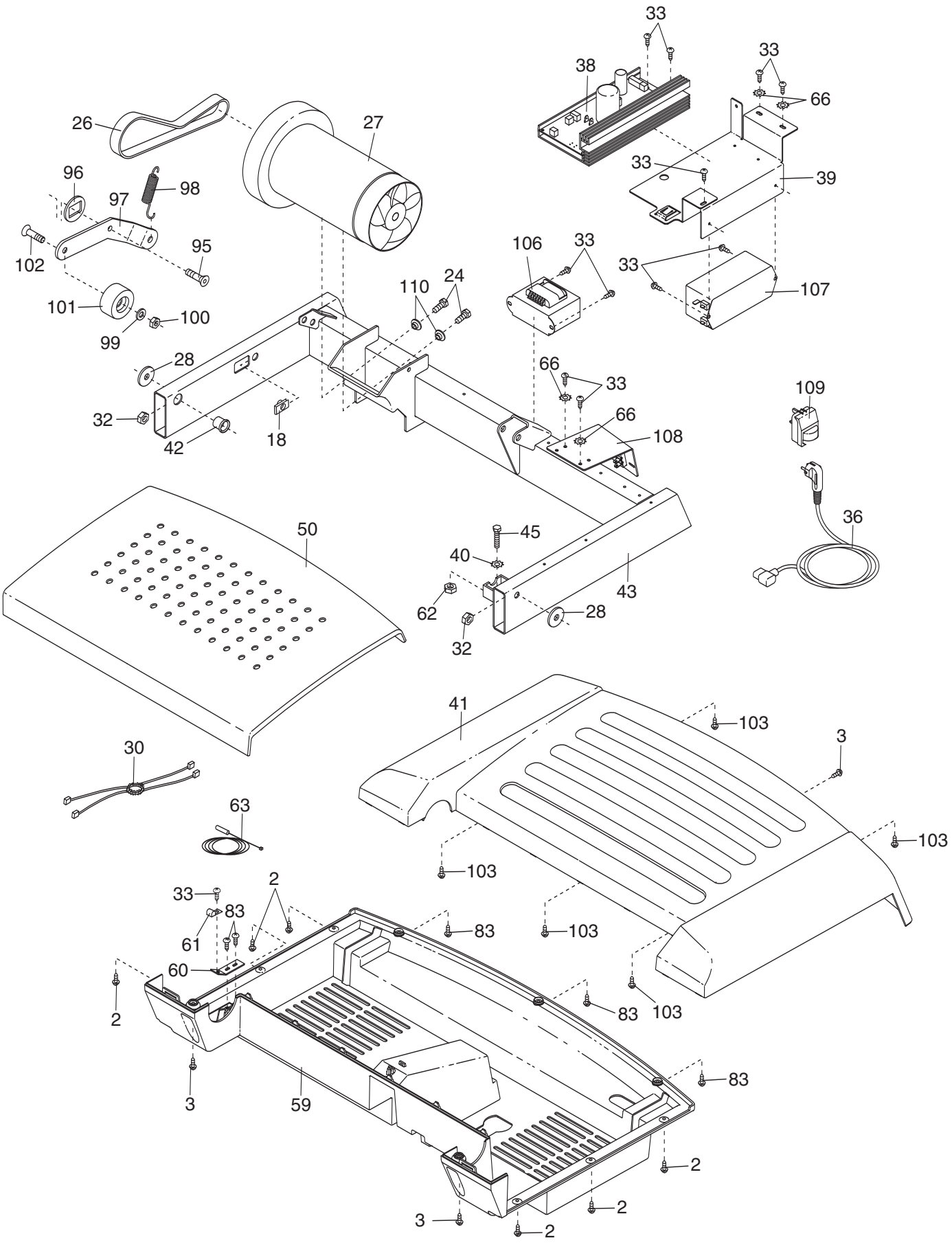
EXPLODED DRAWING A—Model No. PETL41106.0

R0806A



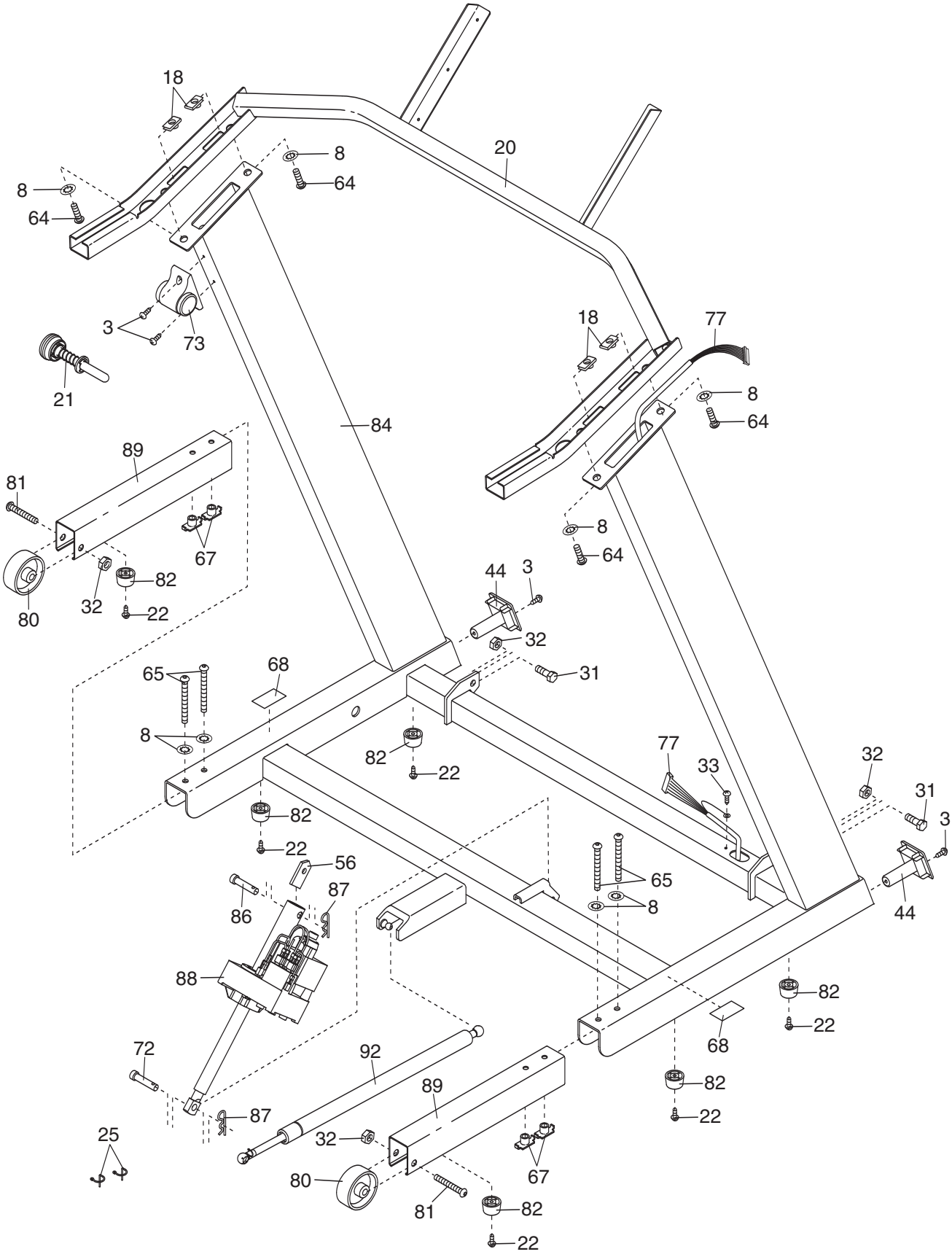
EXPLODED DRAWING B—Model No. PETL41106.0

R0806A



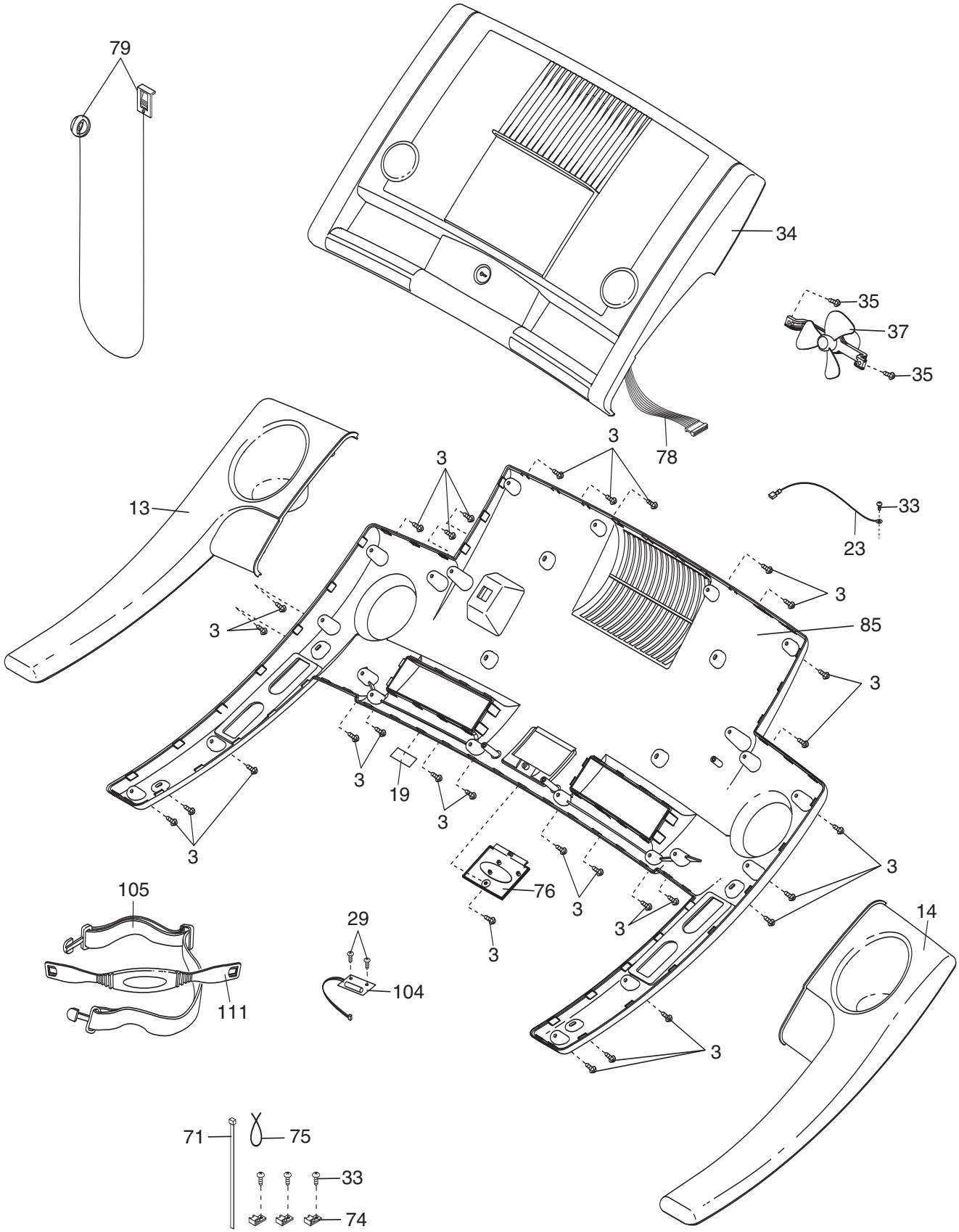
EXPLODED DRAWING C—Model No. PETL41106.0

R0806A



EXPLODED DRAWING D—Model No. PETL41106.0

R0806A



ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4, Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel:

08457 089 009

Outside the UK: (44) 0113 387 7133
Fax: (44) 0113 387 7125

To help us assist you, please be prepared to give the following information:

- the MODEL NUMBER of the product (PETL41106.0)
- the NAME of the product (PROFORM 500 CX treadmill)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING on pages 31 to 35)

Part No. 237466 R0806A

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